

# HOW TO BOOST TESTOSTERONE LEVELS BY 367%



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## Drink Hormonal Erection Punch !

This concoction is easy to make, and highly effective, as long as you don't use it to o often. My recommendation is, no more than once a week to avoid building up a tolerance to the compounds in the drink.

### Here are the ingredients....

- Water
- Celery
- Watermelon

If you have a juicer, juice 4 stalks of celery, along with the rind (white fleshy part) of 1/5 of a watermelon. If you don't have a juicer throws the above, along with some water, into your blender and blend on high for 1 minute. Then strain out the pulp, pour the liquid into a cup, drink and viola ...you're done!

### Let me explain to you why this drink is so effective.

Watermelon contains significant amounts of the substance known as citrulline. Citrulline has been given the nickname "Natural Viagra", and for good reason. It relaxes and dilates blood vessels in the same manner as Viagra and other medications used to treat erectile dysfunction in men.

### Celery works in a completely different manner ...

Celery contains the plant hormone, androstenone, which is closely related to the human hormones, testosterone and androstenedione. In the animal kingdom, the scent of androstenone sends out strong signals of social and sexual dominance.

During mating season, the female of many mammal species will automatically assume the mating position when confronted by a male reeking of androstenone. And it comes as no surprise, that the most sexually successful males, have the highest levels of this agent floating through their veins.

It's also been claimed that androstenone acts as a potent male pheromone. I'll admit, that the scientific evidence for this is scant, but the firsthand accounts coming into to me are



strong.

### **Here's the theory:**

Once the agent enters your blood stream, the smell of androstenone will reach your woman's nostrils through your breath, body odor, and sweat.

And since women are hard wired to respond sexually to a man projecting this pheromone, your woman should be sexually receptive to you if you're omitting these odors.

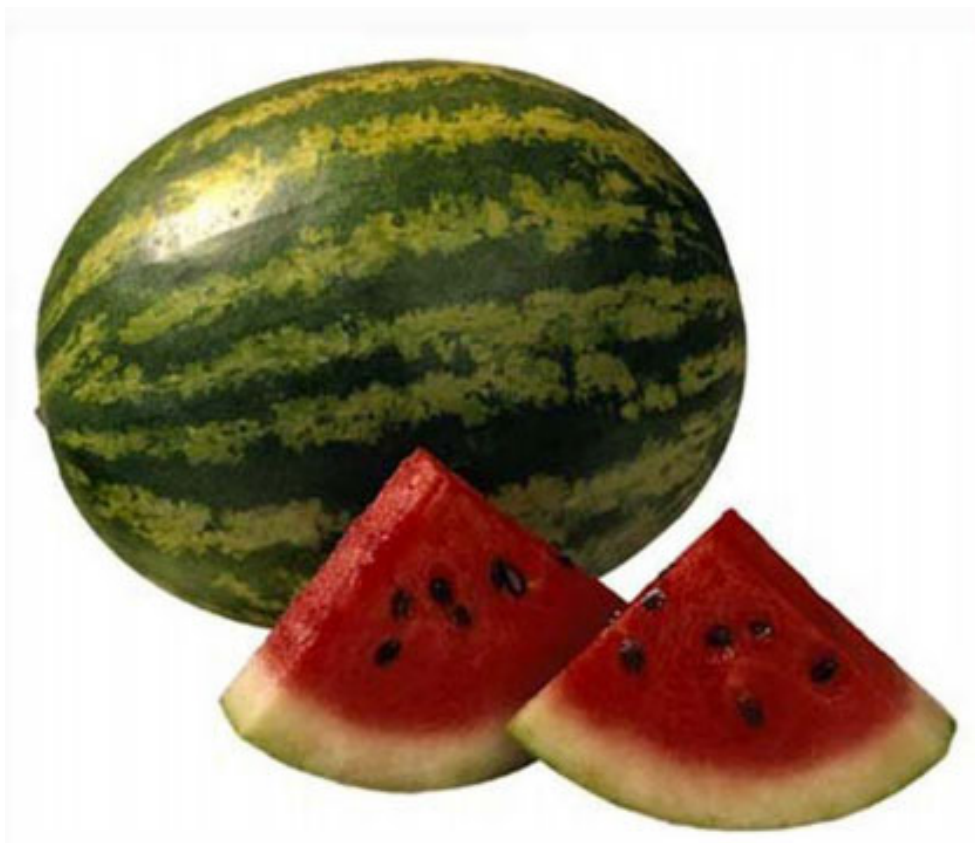
### **Here's how you can test this theory out for yourself..**

After drinking the cocktail, make it a point to have sex with your woman within 30 to 60 minutes.

If all goes as planned, you just may be surprised at how willing your partner is during this encounter. Whether this is due to your own sexual aggression and dominance, or her response to your body odor is entirely up for debate. Either way, the end result is the same...

You'll be sexually charged and motivated, and your woman will be very submissive and willing to cooperate.

### **What else could you ask for?**



## Ice your testicles!

I first came across this idea about 8 years ago while writing up a paper on fertility and sperm motility. While doing my research, I found myself on the website of a fertility doctor somewhere in New York state, who had some very interesting ideas.

This man wasn't always prescribing drugs and hormones to his male patients, he was thinking outside the box. The one technique of his that really got my attention, was his testicle icing suggestion. Sadly, his website has been down for quite some time, but I still clearly remember his protocol.

### Here's how it went ...

Go home and place an icepack, wrapped in a thick towel, onto your testicles and leave it there for approximately 20 minutes. Remove icepack, wait one half hour, then proceed to have sex with your partner. I was very intrigued after I read this, so I immediately ran out and did some additional research.

### Here's what I discovered...

Prior to the steroid era, Russian power lifters used to ice their testicles to boost testosterone production before competition. Heating and warming the testicles has been used as a form of birth control in several different cultures.

The cremasteric reflex, that drops your testicle sack when the heat rises, was specifically designed by nature to keep your testicles cool. Failure to allow this drop results in a significant reduction in fertility and male hormone production. As a matter of fact, once testicle temperature creeps up to around 98 degrees, sperm production stops entirely.

### Here's how you can use this information to your advantage...

Avoid sitting in hot tubs or jacuzzis for extended periods of time.

When this can't be avoided, make it a point to ice your testicles to cool them down after a jacuzzi session.

Lose the tight under wear,  
and switch over to loose fitting boxer shorts.

Or better yet, drop the under wear entirely, especially when you know you can get away with it.



## Finally...

I'm aware that icing your testicles on a daily basis is not practical for most men, so we've come up with an excellent alter native. Keep a wide mouthed cup or jar in your bathroom, and take it with you into the shower. Just before the shower ends, turn the water down to the coldest setting, and fill the container.

## Then...

Submerge your testicles into the cup for approximately 60 seconds, dry off, put on your loose fitting clothing, and then get on with your day.

This method is **quick, simple, effective**, and **very sustainable** over the long haul.



## Sexual Visualization

Primates exposed to sexually explicit material see testosterone levels spike by as much as 400 percent. The problem is, testosterone is an estrogen precursor, so a massive spike of this caliber, often results in an estrogen spike of equal proportions. But we've found a solution to this problem that has proven to be very effective.

### Here's how the plan works...

Prior to your visualization session, make it a point to consume any type of cruciferous vegetable. These can include broccoli, cabbage, cauliflower, brussel sprouts, etc.. Since this session is going to take place at night, I recommend adding one of these vegetables to your last meal of the day.

### Let me explain why you want to do this....

Cruciferous vegetables belong to the brassicaceae family. The family of plants that contain substantial amounts of the substance, 3,3'-diindolylmethane, an agent which acts as a potent estrogen antagonist.

We're going to use the compounds in these plants to prevent the estrogen rebound that normally occurs after a testosterone spike.

1 cup of any cruciferous veggie will get this done in beautiful fashion.

### Next comes the testosterone spike!

To get this, you can do one of two things...

Look at pornographic images on your computer, or look at these images in your mind.

I recommend option number 2 for one essential reason..

You can't take your computer to bed, but your brain goes to bed with you every night. This is important because you want these images moving through your brain just as you're falling asleep.

Why?

Because the last thing on your mind before you nod off, is the thing you're most likely to dream about. And your goal here is to dream about sex, because, as we all know, when you dream about sex, you always wake up sexually motivated, and swimming in male hormones.

Not convinced?

**Then ask yourself this question...**



Have you ever had a night full of sex filled dreams, and not woken up with an erection.. not woken up horny?

I didn't think so!

### **Moving on....**

The plan here is very simple...hold the sexual images in your mind as you drift off to sleep, and make it a point to keep them there until you're out. If you feel your mind drifting, gently shift your thoughts back to the main subject matter.

Like anything else, the more you do this, the better you get at it.  
In essence, what we're doing here is practicing a form of self hypnosis, with the main goal being increased nocturnal testosterone production. Run through these drills every night for a week, and you'll discover first hand how potent this method can be.

Here are two tips you can use to get the most out of this technique...



### **Change the subject matter!**

If last night was all about 44 D's, tonight's vision should be about your hot next door neighbor, or whatever else turns you on. The key is, change the mind movie every single night so your brain doesn't lose interest.

Don't forget this point, because it's really important!

**Next...**

### **Get your partner involved!**

If you're in a relationship, make a deal with your woman! Tell her you'll give her a back massage, if she'll massage your testicles. If she agrees to this, while she's performing the task, continually run the movie through your mind.

After about 5 minutes of massage, have her stimulate you to a hard erection then wrap things up, and drift off to sleep.

**Next...**

I'd like to offer up a technique for those suffering with erectile dysfunction...

Keep in mind, the following method won't work every night because the brain gets bored with repetition. That's why you have to constantly mix thing up....

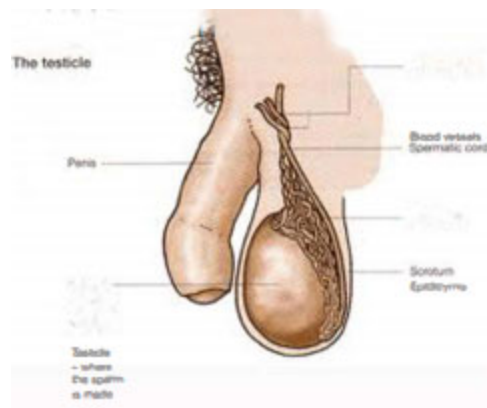
Use your imagination to come up with visualizations similar to the one below, to keep things fresh in your mind.

**Here's the plan...**

Visualize a tall, thick, erect building, rising up toward the sky...

Once you can grasp this mental image, and hold it in your mind, slowly transform that building into a hard, erect penis.

Next, move that erect penis, and attach it directly to your body...make it a point to add as much detail to this mental image as possible. Take your time, don't rush, and let the scene evolve slowly in your mind.



Now hold that image of the hard penis in your brain as you drift off to sleep. If you wake up briefly during the night, visualize the erection again as you fall back asleep again.

**That's all there is to it!**

If your erectile dysfunction has gotten to the point that you've stopped waking up with a morning erection, this should bring them back again. The key here is consistency, practice, and repetition...

Stay with the technique for the duration, and I guarantee you, you'll be rewarded in spades.

**Finally, I'd like to close with this.....**

Do not underestimate the power of self hypnosis. I became sold the day I watched a documentary of a woman undergoing major surgery, where her entire chest cavity was cut open. She went into a state of deep hypnosis just as the surgeon was reaching for his scalpel.

**And here's the kicker...**

The entire operation was performed without the use of any anesthesia whatsoever. What else do you need to know?

Einstein said is best when he wrote...

"Imagination is more important than knowledge"

**For more tips on boosting  
testosterone naturally**  
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